Claims

1. A portable arrangement (10, 12) for correcting the amount of physical activity to a preferred level of dieting, comprising:

at least one sensor (12) attached to a body part of a human user, registering movements with a predetermined resolution of the movement of said body part;

a processor, having a memory connected, controlling and recording input signals from said sensor (12);

a comparator means, comparing said input signals with predetermined stored movements within a provided resolution for said preferred level of dieting in said memory; and

a feedback means providing an output signal to said user, whereby said output signal indicates how to adapt said movements to said stored movements, thus adapting physical body activity to a level corresponding to said dieting level, whereby physical activity is being correlated to said level of dieting.

2. An arrangement according to claim 1, wherein said movements stored for the preferred level of dieting is correlated to at least one of the parameters weight and height of said human being.

3. An arrangement according to claim 1, wherein said preferred stored level of movements for dieting is correlated to said human beings Body Mass Index.

4. An arrangement according to claims 1-3, wherein said feedback through at least two signals demands to increase or decrease movements, respectively.

5. An arrangement according to claim 4, wherein said signals are sound, visual display or tactile feedback signals.

6. An arrangement according to claims 1-5, wherein said processor and said means are comprised in a portable housing with a display.

7. An arrangement according to claim 6, wherein said housing comprises said at least one sensor.

8. An arrangement according to claims 1-7, wherein said predetermined stored movements differ between different activities.

9. A method using a body portable arrangement (10, 12) for correcting the amount of physical activity to a preferred level of dieting, comprising:

attaching at least one sensor (12) to a body part of a human user, registering movements

with a predetermined resolution of the movement of said body part;

controlling and recording input signals from said sensor (12) through a processor, having a memory connected;

comparing said input signals with predetermined stored movements within a provided resolution for said preferred level of dieting in said memory; and

providing a feedback through an output signal to said user, whereby said output signal indicates how to adapt said movements to said stored movements, thus adapting physical body activity to a level corresponding to said dieting level, whereby physical activity is being correlated to said level of dieting.

10. A method according to claim 9, wherein said movements stored for the preferred level of dieting are correlated to at least one of the parameters weight and height of said human being.

11. A method according to claim 9, wherein said preferred stored level of movements for dieting is correlated to said human beings Body Mass Index.

12. A method according to claims 9-11, wherein said feedback through at least two signals demands to increase or decrease movements, respectively.

13. A method according to claim 12, wherein said signals are sound, visual display or tactile feedback signals.

14. A method according to claims 9-13, wherein said processor and said means are comprised in a portable housing with a display.

15. A method according to claim 14, wherein said housing comprises said at least one sensor.

16. A method according to claims 9-15, wherein said predetermined stored movements differ between different activities.